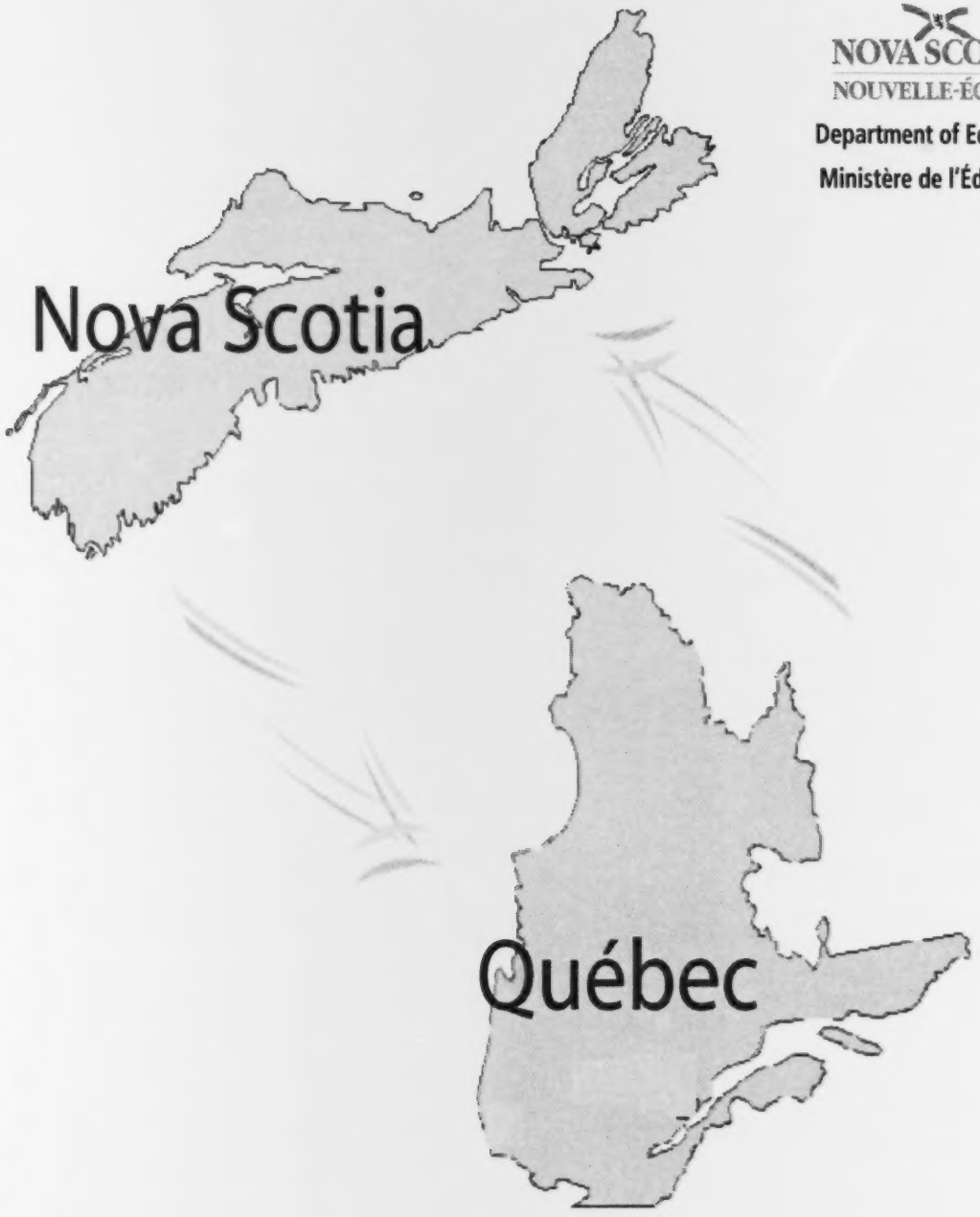
Six-Month Exchange

Student/Parent Program Guide



NOVA SCOTIA
NOUVELLE-ÉCOSSE
Department of Education
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Six-Month Exchange Nova Scotia/Québec

ERRATA

Please be advised that the following change should be made in both the School Program Guide (blue cover) and the Student/Parent Program Guide (yellow cover):

Chapter 1.0- Description - Page One

The guides presently say:

Program:

The student exchange program is offered to public school students who are currently in Grade 10 and who, during the exchange year will be in the same school. A Nova Scotia Anglophone student is twinned with a Quebec francophone student.

The guides should read:

The student exchange program is offered to public school students who are between 15 and 17 years of age and are currently in Grade 10 or in Grade 11 and who, during the exchange year, will be in the same school. A Nova Scotia Anglophone student is twinned with a Quebec francophone student.

ACKNOWLEDGEMENTS

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British Columbia Ministry of Education
Ministère de l'Éducation, du Loisir et du Sport (Québec)
Prince Edward Island Department of Education

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1.0 DESCRIPTION

PROGRAM:

The student exchange program is offered to public school students who are currently in Grade 10 and who, during the exchange year will be in the same school. A Nova Scotia anglophone student is twinned with a Quebec francophone student.

OBJECTIVES:

- To improve French language skills of NS students.
- To favour cultural exchanges.
- To make participants aware of another educational system.

ACTIVITIES:

Each student selected will leave for Quebec in early February and will attend classes and take courses similar to his/hers until the end of April. The NS student will live with the twinned Quebec family. The NS student will already have received the Quebec student for the same duration from the beginning of September to the end of November.

CONDITIONS:

Each school board makes its intention of participating known to the provincial Director of French Second Language Program Services by a pre-determined date.

- Following the interview with each candidate, a list of eligible candidates is developed.
- Parents or guardians must give their approval.
- Families of a limited number of students are visited by a committee/ coordinator. This activity occurs following evaluation of student applications. There is no exception to this rule. Only the committee/ coordinator completes the INTERVIEW QUESTIONNAIRE.

SELECTION CRITERIA:

- Agreement of parents or guardians, the school and the school board.
- Interest shown by student and family.
- Ease of adapting to new environment and integration into new family.
- Intention of remaining with program until the end of 6 month period of exchange.
- Sense of humour.
- Maturity and sense of responsibility.
- Openness and lack of prejudice.
- Good health.
- Above average results or at least recommendation of school and parents.
- Ability to accommodate another adolescent in the home during three months.
- Acceptance by host family of twinning chosen by program officials.
- Good knowledge of French.

COSTS:

The provincial Department of Education of NS pays for the return travel of each participant from Halifax to the exchange site in Quebec and back.

The costs associated with room and board are assured by the reciprocity of the exchange.

Any student who returns home before the end of the exchange will do so at his own expense or that of his family, except for extraordinary cases beyond the control of participants.

The Department of Education will provide the services of a chaperone during each part of the exchange trip.

Security information

All personal information collected in the course of this exchange program is subject to the *Freedom of Information and Protection of Privacy Act*. All personal information collected is directly related to and is necessary for the administration of the exchange program. All personal information collected will be used by the school liaison teacher(s) and the provincial coordinator at the Department of Education, for the purpose of selecting students and families who will participate in the program. Any disclosure of personal information will be done in accordance with Section 27 of the *Freedom of Information and Protection of Privacy Act*.

2.0 THE HOSTING PERIOD IN NOVA SCOTIA

September - November

During this three-month period, the major responsibility of the NS student and family is to welcome the Quebec student and make him/her feel comfortable in your home.

It can be a frightening experience for a teenager to leave a "safe" environment to live with a new family for three months. This difficulty is usually compounded by language/communication difficulties.

A great deal of **PATIENCE** and **UNDERSTANDING** are required during this period.

This section attempts to give some suggestions which may help you during the September - December portion of the exchange.

Correspondence with Quebec Partners/Family

Successful candidates should prepare to correspond with their partner and Quebec family. Correspondence should begin in June and may be initiated by either twin. This allows adequate time for administrative details in both provinces. Students should pay particular attention to their first letter.

Wondering what to write about? Suggestions include letting your partner know about:

- **yourself**: e.g. photos, typical daily activities, domestic chores, weekend activities
- **your family**: e.g. typical evening and weekend activities, photos
- **your school**: e.g. include a school handbook, outline courses available, co-curricular and extra-curricular programs available (sports, club, music, etc.) A letter from your liaison teacher would be valuable.
- **your community**: e.g. discuss the clubs, recreation facilities, geographic location, population, economy of the area, cultural and sports activities - include photos, maps, newspapers.

Obviously, the collection of this information will keep students busy in May. The June package should include basics. Letters or e-mails throughout the summer can fill in the details. Communication between families helps develop important ties for the exchange. When you receive a letter or an e-mail, reply immediately. Regular correspondence is crucial to the success of the exchange.

2.1 Before Arrival

- preparation of room or private space (bed, furniture) for new family member
- parents are encouraged to communicate with the Quebec student's parents during the summer giving more information about life in NS:
- exchange addresses and telephone numbers during summer
- consider next year's courses and timetable carefully, in consultation with liaison teacher, parents and school administration.

2.2 Arrival

- NS students and families should be at pickup point to welcome Quebec student.

- NS student should help him/her settle into home, unpack, tour home, go over household rules. These could include :
  - chores

  - curfew
  - rules concerning alcohol
  - church
  - medical problems
  - showers; how many per day, how long
  - smoking, who smokes in family
  - clothing
  - climate
  - diet

- make the arrival a special event, i.e. flowers, party, B.B.Q., dinner, etc.

- be considerate of your partner, he/she may be tired, may not understand, may need to go over things slowly again 2-3 days later.

2.3 At School

- take the Quebec partner to school. The first person that he/she should meet is the liaison teacher, next the guidance contact person, inform him/her of school rules, i.e. opening exercises, timetable, cafeteria, gymnasium, bus pass, locker, tour of school, introduce to administrators. If this is not possible as these persons are usually very busy during that week, we suggest that the student follow you to your classes until he/she receives a schedule.

- once the Quebec student's schedule is finalized, we suggest that you take him/her to all classes and introduce him/her to the subject teachers. If there is a major problem perceived, tell the liaison teacher but remember "little" things are good excuses to get upset about when there are major cultural, language adjustments to make...so be patient.

- try to find an activity where there is little need to talk, e.g. go for a swim, play racquetball, etc.

- even when language competence is limited, everyone knows if one is talked about rather than talked to. Do not treat your partner as a third person when you are both conversing with friends.

- when you are learning a second language you tire very quickly. Allow for lots of sleep, sports, non-conversational activities and private space for your partner.

2.4 Family Situation

- The presence of a new family member can cause jealousy on the part of younger family members or identical twins. Suddenly someone is receiving more attention and the younger member has his/her nose out of joint. These young family members can be excellent teachers. They do not understand what a French person is, they love to repeat a thousand times, they talk incessantly. At the same time if the Quebec student is watching English television, the young child does not have the right to change stations without asking.

- The Quebec student should be encouraged to come out of his/her room (it is not easy to communicate with four walls), i.e. television, write letters in kitchen, family room, help with family chores.

- Talk to and with your partner when something is wrong and when all is right but remember it is not necessary to be with each other every minute.

- In the early stages of the exchange continue to verify that your partner understands and that he/she is not just polite and saying yes.

- If you as the host student and family see that after the first few weeks the Quebec student is:
  - snacking more than usual
  - spending all his/her time in his/her room without indicating that he/she is tired
  - crying a lot
  - writing a lot of letters or e-mails

  you should sit down with the Quebec student and make sure that things are alright. If necessary involve the school liaison teacher and the Provincial coordinator.

  The Quebec student must be encouraged to communicate with the NS partner if there is the slightest concern at any time. The Quebec student must realize that you and your family care. In many cases an indication of affection, a hug, a pat on the back, will break the barrier.

Family Rules

Many NS families have very few written rules but if you feel it would benefit the situation, a short written list should be given so that the Quebec student understands what is expected.

- meal times (during week and weekend)
- shower schedule
- curfews (week nights, weekends)
- family chores, setting table, dishes
- television - how much? how late?
- family activities, i.e. church (approximately 15% of Quebec students attend mass regularly).
- computer - how much?

Telephone Calls

- *Local Calls:* Frequent calls to other Quebec students (more than once a day, more than five minutes) should be discouraged. The calls should be made in English. The French students are here to learn English, not to perfect their French.

- *Long Distance Calls:* While it is natural that Quebec students will wish to call their friends in the area, perhaps those in another city and their family, it is necessary to have a clear understanding as to the payment of long distance calls.

We suggest that Quebec students pay for all long distance calls in NS and that NS students pay for all long distance calls while in Quebec.

Language

The Quebec student may use English to swear, completely unaware that the meaning in English is much stronger. If this should happen, the Quebec student must be told politely that this is most inappropriate behaviour.

General Observations

Many students from Quebec are used to very direct communication about any subject with parents, or a school figure; they tend to be very frank and honest (the NS students tend to be more diplomatic).

The homes in Quebec tend to be less structured and regulated (the Quebec students may note the greater structure and regulation of NS homes).

In both provinces rural families spend a lot of time on family oriented activities vs urban families.

Letters and e-mail are very popular ways to stay in touch but may cause problems if you spend a lot of your free time writing long letters or e-mails in your room every night in your first language.

Direct communication is key. If the NS parents want the Quebec twin to do something (i.e. clean up his/her room) they should tell him/her what they want done; problems can occur if the NS student is used as an intermediary and third party.

Friends

You will introduce your Quebec twin to your own circle of friends. During the exchange, the Quebec student will make his/her own circle of friends. This will allow both young people to spend some time apart...a healthy situation.

The host in each province is not expected to provide instant friends. Friendships require time to develop in a normal fashion and should not be forced. With little support and the added dimension of a new language it is a challenge to find new friends.

The Quebec student will be the focus of a great deal of attention since he/she is the new person on the scene. Quebec students by their direct nature will acquire a lot of friends rapidly. Jealousy may creep into the relationship between the twins. The reverse situation may occur in Quebec.

One of the best ways of learning a second language is to go out with a girl/boy from the host province who only speaks your second language. If your twin decides to use this method, ask him/her to introduce the girl/boy to your home for parental approval.

During the fall term, the parents should make every attempt to attend the parents night at school to:

- Access the progress of their own son/daughter and the Quebec student - is he/she attending, participating, progressing?
- See if the teachers are aware that the NS student will be attending school in Quebec for three months (February - April).
- Ask how the work will be covered.

Language Learning

When an exchange student becomes capable of expressing him/herself in a second language it is a wonderfully satisfying accomplishment. However, there is a price that is exacted. The frustration period will usually last for a period of six weeks. Single words will be replaced by groups of words. An entire sentence is a major victory. The strength of the motivation to learn the second language and the family environment will determine the rate of progress. Here are a few ideas to help the Quebec student.

- Show the Quebec student how to answer the phone and then have him/her do it all the time. (If it is important the caller will telephone again.)
- Dictate the grocery lists to the Quebec student (take him/her to the supermarket) and what he/she wants to eat must be said in English.
- Ask the Quebec student questions which require more than a simple yes - no response.
- Have the Quebec student write a daily/weekly letter about anything (i.e. a diary) and after dinner have the twins sit down in the kitchen and correct it.
- Expose the Quebec student to all types of social games, cards, scrabble, English T.V., video, music.

Always make sure that if the Quebec student wants something, he/she will have to ask for it in English. (help him/her in English if necessary)

3.0 THE VISITING PERIOD IN QUEBEC

February - April

3.1 Preparation

You have said a temporary goodbye to a new friend. Besides the readjustment to your family dynamics you will complete the final stage of your pre-departure schedule. Yes, this is a hectic, crazy time. You begin to realize that soon it will be your turn!

- December is the month to do as many assignments as possible according to your contact with each subject teacher.

- Experience in the past has shown that the more work that is completed before going the easier it is to readjust to the NS school system and way of living upon returning. May and June are months full of end of the year activities. It is the worst time to do work that could have been done prior to the departure.

- A weekly schedule of things to do would help. Time will pass very quickly. A clothing list is a good place to start. Ask your partner what kind of clothes to bring. If there is a lot of baggage, send some ahead (i.e. via bus express) and let your partner's family know it is coming and to pick it up.

- Start watching the telejournal (the news) in French to acclimatize your ears and help reduce the shock.

- Prepare a Christmas list for your family: French dictionary, clothing, luggage, skis, money.

* *Some teachers may suggest you give a presentation to the class upon returning about the area you lived in Quebec. The presentation might be done from an historical, geographical, sociological viewpoint. Think about pictures, research necessary before you leave.*

- Hopefully your twin will have shown you the course list from your polyvalente (high school). You might consider giving your school a tentative list of courses you would like to take, keeping in mind that changes will have to be made. This may be given to your twin to take back with him/her.

- Make an arrangement with your family as to how much writing and phoning will take place. An agreement with your friends that you will write a common letter or e-mail to them will allow you to spend more time with your twin and host family learning French. Arrange with a reliable friend to collect notes, handouts in each of your classes during your absence.

- Many students like to keep a journal recording their experiences. You might like to start this in September with the arrival of your twin noting his/her initial problems. This should be reread when you arrive in Quebec to remind you of what your twin went through.

- Make a family decision with respect to finances and a weekly/monthly budget. Will you use traveller's cheques, a weekly/monthly cheque from home, a bank account? Experience indicates that students spend an average of $600 - $700 on personal needs. This does not include new clothes, ski passes, gifts when returning home.

Packing

Just a few reminders:

- Have you checked on the climate for your region?
- Remember, you won't have a lot of room in suitcases for a huge wardrobe and there are washing facilities in Quebec, so take a limited wardrobe, with maximum flexibility!
- Coordinates, layers of clothing are the most practical way of wardrobe planning.
- Be sure to take a warm winter coat.

Summary

BEFORE DEPARTURE (January)

- ➤ **send excess luggage ahead of time, i.e. bus express (call receiving family and tell them bags will be arriving)**
- ➤ **medical and dental checkups prior to departure**
- ➤ **have as much coursework/assignments done before departure as possible**

3.2 Student Arrival in Quebec Community (February)

The first two weeks in Quebec will be a challenge - you will be surrounded with "new" people and situations.

3.3 The Family

- when you arrive, you will be tired, disoriented and inundated with new information all in French

- don't hesitate to ask people to repeat information and names

- **Never say that you have understood a communication in French if this is not true. Ask for repetitions until you understand.**

- when you arrive, you will be asked if you wish to rest, unpack, etc. in your new room. Don't hesitate to tell your partner and your host family if you are tired (due to travel, constant usage of French, etc.)

- ask your partner about the family rules

In your family, when the rules are understood, there is no need to ask or confirm. In a new family you must learn the rules.

Meals

- At what time?
- Any diet restrictions (allergies, vegetarian diet) should be discussed

Housework

- What is expected of you? (i.e. which chores are you expected to do?) How often?
- Where are the cleaning materials?
- Dishes? Washing? Ironing?
- Your room must be kept tidy! If sharing a room determine who does what!

Bathroom Schedule

One more family member will affect the schedule, particularly if all are sharing one facility. Find out the schedule and live by it!

Hints for Improved Family Relations

The very first thing that you must ask yourself is what you can do. Most important is that you realize it is your responsibility to adjust to your host family's way of doing things, and not the other way around.

What is your family expecting? Again we cannot generalize, but you can be sure that they are hoping for a response from you, a sign that you care about their caring! We would like to suggest three ways that you can be responsive.

1. Share yourself with your family. They are concerned with how you feel and how you are doing. They want to learn all about you, your family, your culture and customs. Spend time talking to them, offer to prepare a special meal (even if you can't cook, there must be a friend who can help you). Share unique celebrations with them - birthday breakfast, or whatever. Above all, **never say "No"**. If the family invites you to go somewhere with them - a museum perhaps or apple picking - accept, even if you really dislike museums, and can't stand the sight of an apple tree. After all, these are all the experiences that you have come here for. Even if you are tired, push yourself a little extra.

2. React and respond to whatever they say to you or do for you. If your host mother has prepared a special dish for you, don't hesitate to say "How delicious!" If you don't really like it very much, a comment about how nice it was to do that will suffice. If people do things for you, show appreciation, or they won't try again. Whatever they do, they expect a response from you and it is one way for you to repay them.

3. Volunteer to help. Most families assign some chores to each family member, and they will expect you to do your part, but may be reluctant to ask you to help. You are expected to understand that there are responsibilities for everyone involved in running a household, and you must do your share. Some students have found that more was expected of them from their "new" family than from their family back home. Don't wait, volunteer and ask what you can do so that the family has no reason to be disappointed and complain that the exchange student thinks that housework should be done by others or magically takes care of itself!

Above all, remember that you are expected to accept and adapt to the life style of your Quebec family.

Any TRAVELLING that you do must be approved in writing by your natural and host family, your liaison teacher and Educational Exchange, but in general travelling alone or with other teenagers is never permitted.

VISITS FROM NS FRIENDS OR FAMILY can disrupt the exchange year. This is especially true of boy or girl friends; therefore they are not allowed. We recommend that your family not come at all, but if they do, they should arrange the visit with the host family and then stay in a hotel. It is confusing to have two sets of parents with two different value systems, and difficulties can develop.

Religion

Your host family may well have different views on religion than your family in NS. They may not be regular church-goers. If this is important to you, discuss this with the family immediately upon arrival and make the arrangements necessary.

The liaison teacher will be the key person should there be difficulties which need to be resolved. Don't hesitate to discuss issues with him/her which you feel uncomfortable about at home.

Danger! Danger!

- Your partner is the "person you know" in this strange new world. There will be a tendency to "cling" to this familiar person. Remember that this can become tiresome, even an imposition after a couple of weeks.

- Your partner will be more than pleased to help you by translating! This is great practice in English for him/her but doesn't help you at all!

Make sure that you say **NO ENGLISH PLEASE** calmly, but firmly. Instead:

- ask them to repeat, more slowly if necessary
- use gestures, mime, facial expressions
- allow for time to write down a new expression or two
- younger brothers and sisters are a great help learning new words in French

Friends

- Your partner will introduce you to friends at school, people in the community. Never refuse to try a new activity or an occasion to meet new people.

- New friendships usually require time and commitment. This does become more difficult when your French is not as fluent as you would wish.

- Don't expect your partner's friends to become yours automatically. Your needs will probably be quite different.

- It will be up to you to make the effort to integrate into the school, community. This can be very taxing and frustrating, especially in the first weeks (when your French is very limited).

- Don't hesitate to make your own friends. There is no need to "live in each other's pocket". In fact, depending on your partner too much, too long could develop a resentment. (Discuss this with your partner, should it arise.)

- Friendships with other NS exchange students are natural - but - restrict your English. You're here to learn French.

Special Friends

- If your partner has a boyfriend/girlfriend there may be occasions when you're invited to join them for an outing. If you feel like a "fifth wheel" discuss this uncomfortable feeling openly with your partner.

- Should you develop a "special relationship", remember to abide by the family rules! If you find the Quebec parents "over-protecting" ask yourself how you would act as a parent, hosting another teenager. Be sure to invite your friend(s) to meet your Quebec family.

- Remember, that you are in Quebec only three months. Your new boyfriend/girlfriend is not a souvenir you can pack and take home!

Telephone

- It is natural that you call home **occasionally,** especially upon arrival. Yet, more than one phone call home a week may be an indication of problems, and will cause your host family some concern. (Should you be homesick, discuss this with your host family, ask for a hug, do something - a suggestion list can be found further on in this section.)

- Phone calls to other NS exchange students should be infrequent and in **French** (as much as possible). Be sure to limit, then eliminate English as your French improves. Remember you are here to learn more about Quebec, rather than other Nova Scotians.

- Do not abuse the host family's telephone. Calls home and any other telephone charges (toll calls) should be paid for promptly. Telephone companies list all toll calls, so it is easy to identify yours by number. It helps your finances to be aware of the widely different charges at various times of the day. Check your phone book for information.

Even local calls must be of reasonable length so that the family's telephone is not tied up.

Letters and E-mails

- Like the telephone this is a very "popular" way to maintain links with home. Remember, friends and family in NS love you. Your absence doesn't diminish their caring and they will be there when you go home! So concentrate on your experiences here.

- If you find yourself spending hours in your room alone or writing more than two or three letters a week or spending almost every night on the computer chatting with friends and family, you may have some serious difficulty. This type of activity is not helping you learn French and may be a sign of homesickness, culture shock, frustration or difficulty and frustration with language learning.

Consult the following section for ideas, suggestions.

Remember that letter-writing, telephone calls, e-mails, speaking English with other exchangees are not solutions - just band-aid methods.

3.4 The School

- When you arrive at school the first day, have your partner introduce you to your liaison teacher. This should be the first person you meet. Then be sure to meet the administration. However, this might not be possible as they are quite busy.

- **Be sure to ask for repetitions of names until you know them.**

- You may not receive a timetable immediately. You may visit classes or go to classes with your partner until a timetable is arranged.

- The school situation in Quebec is very different than in NS. Do not insist on a certain schedule or course. This may not be possible in your new school, due to timetable and class-size restrictions.

- Not all teachers will be excited about having an "Anglais(e)" in class. Remember that you are an ambassador for NS. You must be diplomatic and considerate at all times. Imposing your views on others may create unnecessary conflict.

- You will be a new face in the school - and obviously Anglais! You will feel "stared at" - a very accurate observation! A friendly smile and "salut!" should see you through this rather frightening situation.

  Don't be afraid to use your limited vocabulary and get to know people in your school/community. Often the negative feelings are about the unknown. Giving people a chance to know you, and Nova Scotia, will usually dispel most fears - yours and theirs!

  Be prepared to talk about NS. You will be asked to speak in your own classes and possibly in others, as well as for groups in and out of school. Don't be surprised at some of the questions.

School

You are in Quebec as an exchange STUDENT, not on a continuous vacation or travel program. This means that you are expected to attend school regularly, work hard, and earn acceptable grades and demonstrate a positive attitude, even if you receive no academic credit at home for your schooling here. At some point, you might feel that this is a "lost" semester as far as progress with your education is concerned, but you have chosen to enrich your life with this exchange experience and in a few years it is a decision that you are unlikely to regret.

School may be very different from the one you are accustomed to. You will have a different group of classmates every hour and you will find a variety of courses to choose from, besides the compulsory courses that you might have to take. Get your counsellor's advice. We recommend that you take advantage of the opportunity to select classes in Canadian history. And don't shy away from other academic classes or advanced courses; you will find them a challenge. If your French is a bit shaky, stay away from courses with a long reading list. But above all, try to take classes that you cannot get at home.

The clubs and teams that you join can offer new friendships. Participate! Participate! As soon as you can, visit the clubs teams at school (a drama group, a computer club, or join the tennis, soccer or volleyball team.) The sports may not be very competitive, but if the team is not already full of players, you might be just the person they've been waiting for! Involvement is the key.

Student Frustrations

Yes, you're finally here in Quebec! The dream has become reality and you've learned that dreams are limited by being only of one perspective - yours! Now you have others in your life... and a new culture with which you are not familiar... and a language that seems to become more frustrating by the minute, because everyone speaks so fast! and... a new school... and...

You are overwhelmed!

The questions are "How do I survive?" and "When will all this French be comprehensible?"

Knowing more about what you may encounter and suggestions to help you through difficult times will help.

Attitude

Your attitude will, to a great extent, determine the success or failure of your exchange. First of all, you must have a positive frame of mind. No matter what happens, or where you are, or with whom, be curious and open, look for the good things and for what you can learn from the experience. But above all, remember two "C's" - consideration and cooperation.

In the situation that you have chosen, great maturity is demanded of you and you are obliged to cooperate and to have consideration for others - to think about them and what they might want. The little, everyday things count most - say "thank you", come home when you are expected, eat the food that is placed in front of you, smile and say "hello"

when you walk in the door, offer to set the table, to take out the garbage or rake the yard, keep your room clean, join the family in their activities, write thank-you notes to their friends who have shown you a special kindness, forego an evening with the "gang" to attend a family dinner.

It may seem like a burden to you, but you are not responsible only for yourself, for you and your behavior. The image that you leave in the minds of the people in your community will pave the way or block it for those who follow you. It can mean that there will be other homes for exchange students or that there will be none. Even if you have to "bend over backwards", don't be selfish, be mature and be a good ambassador!

Culture Shock

At some time during your months in Quebec you will probably ask yourself, "What am I doing here? I could be with my friends and family, or at least with people who believe the same as I do!" You will have to deal with depression and homesickness. Most important for you to know is that you are not alone and that this is a perfectly natural way to feel when you find yourself in a culture different from your own. When the rhythm of our daily existence is disrupted and all the familiar supports that we have lived with all our lives are suddenly pulled out from under us, we suffer "culture shock"! But remember that "culture shock" is a common and normal reaction when you are in a strange place.

What are some of the things that happen to you? Most common are feelings of depression and anger. You become irritated about almost everything. You feel that everything in Quebec is stupid and everything "back home" is wonderful. You feel that no one understands you. You don't feel like going out, you are afraid to take risks; you are tired and sleep much more than usual, and you gain weight and blame it on the new food. (Perhaps you have already been told that exchange students in NS also gain weight.)

Ignoring the three unacceptable methods of dealing with these problems - i.e., drinking, drugging or going home - there are some alternative methods of confronting depression caused in part by culture shock, unfulfilled expectations and loneliness.

Be busy doing things. When you are bored or lonely, make a decision to do something immediately! Engage in activities that you may have previously avoided or considered silly. Go watch a football game or call someone from school and arrange to get together now. Go to a movie, a concert or just out for coffee or a soda.

Concentrate on the here and now. Put behind the memories of "the way things are done back home". Look at the life around you as being interesting and different - not better or worse. If you are critical and negative you will quickly alienate people and become isolated from them.

Talk to your host family. Sometimes talking about how you feel makes the feeling itself less intense. And they will be happy that you have shared yourself with them.

Eat sensibly and avoid junk food even when you are surrounded by it.

Don't spend all of your time with other exchange students. You will only feed on each other's dissatisfaction as you spend your time complaining and reminiscing about all the good things you left behind.

Don't sit in your room writing letters or e-mails. This solitary activity is not good for you, and your family and friends won't know how to interpret your feelings and may become upset. If you must write your feelings down, let the letter or e-mail sit for twenty-four hours or more and reread it before mailing it. The world may look totally different by then.

Make friends. The only way for you to make new friends is to talk to strangers. Most of the students at your school are already part of a group, but they are interested in you - you may be a curiosity at first, but most North Americans are friendly and will include you if you make the first move. Don't wait for them to call you and don't get discouraged.

Join clubs and sports team. Participate in school and community activities. Join a church youth group or volunteer to teach some young people a skill that you know and they are trying to learn.

If you feel that your problem is different and this advice does not help, and your host family does not understand then you must contact your liaison teacher. He/she is dedicated to providing you with a rewarding exchange experience and will do all he/she can to see that goal is achieved.

Language Learning

- If you are speaking French, your knowledge of that language is probably more that adequate, and you feel good. Everyone in North America will be full of admiration for your linguistic ability. Sometimes, however, it will be necessary to investigate the real meaning of a word. Have a pocket dictionary handy and make use of it. You have probably brought a bilingual dictionary with you, but here you should also have a French Dictionary, such as LAROUSSE. Buy one, if your host family does not have one.

- Also be sure that you are aware of the effect that certain words have on the listener. Ask if you don't understand something and be sensitive to the nuances of words. In talking about complex subjects you will still find yourself searching for the right way to express yourself, but don't let that deter you from getting into interesting discussions.

- When you are in a conversation you want to present the best possible you there is. This is difficult, when you can't find the words. Frustration leads to lower self-confidence.

Know That

- People may perceive you as being quiet or shy. Remember that while this may not be the "true you" it is a phase you're going through as you learn French.

- When you relax and accept that you are a fine person, you learn more quickly.

- If you're not afraid to ask people to repeat, they will do their best to help you.

- PATIENCE AND PERMISSION are key words.

Be patient with yourself and ask for the information you need - people will help. You can not become bilingual overnight and there are no magic potions currently on the market!

Give yourself permission to make mistakes. This is how you learn and as you listen and practice more, you'll be able to acquire more vocabulary and learn more structures. It is natural, when you don't know an item in French, that you try English or a "literal translation" to communicate. As people give you the correct phrases and structures, you will be able to speak more fluently.

Research in linguistics (the study of languages and language learning) is determining that bilinguals have separate language centers. Translation to English merely strengthens your English center. To learn French and develop competence, you must use French in your daily life, thinking and even dreaming! This can happen while in Quebec. To take advantage of this opportunity, you must be ready to:

- stop translation into English
- learn the French names for objects, etc. (make lists)
- learn the structures that express ideas in French
- ask for words you need from your partner, family and friends
- then use them
- be ready to experience headaches, frustration from the concentration

The reward is incredible. After eleven weeks in Quebec, the results are almost magical! And you can be proud of your accomplishment!

4.0 AFTER THE EXCHANGE

May - June

4.1 Return to NS

When you return to NS, you will probably discover that you're in the midst of another adjustment process! Just when you thought that you finished adjusting to another culture you find out that, in reality, change is the norm rather than an exception.

As you're struggling to "get those credits", finish the semester or prepare for the summer, you may wish to consider options for maintaining and improving your French. It is essential, once having achieved your current level of fluency, that you take the initiative to maintain and improve your skills.

While considering your options, some of the following suggestions may be helpful:

1. Investigation of Summer employment with NS Tourism, local tourist businesses or the national parks, where French would be an asset.

2. Assisting in day cares, nursery schools, kindergartens or playgrounds where French is the language of communication.

3. Volunteering to help at summer language camps.

4. Acting as a Big Brother or Sister to someone who speaks only French, (or whom you could tutor).

5. Adopt-a-grandparent who speaks French, preferably a Francophone. This suggestion and the previous ones have the advantage that you will need to use the language you have learned to communicate in a meaningful situation.

These ideas may be incorporated into your life in NS. Further language study and summer work programs also exist, whereby it may be possible to work in a French-speaking milieu. Be sure to contact the nearest Canada Employment office for further details. Investigation of various options of post-secondary institutions will also disclose more opportunities to improve your French. This may be a worthwhile enquiry as you consider your choice of universities and programs. Be sure to discuss these possibilities with your liaison teacher.

5.0 INFORMATION

For students and parents

PROCEDURE:

1. The student must advise the liaison teacher of his/her intention to participate after having become aware of registration conditions. A student cannot apply if the school board and the school have not given prior approval to the program.
2. The student completes the application form, writing clearly in dark ink or preferably having the application typed. He/she must sign and have parents sign. Unanswered questions or those for which false information might have been given could disqualify applicant at any time.
3. The student returns completed application to the school contact prior to date limit determined by the Department.
4. Once completed application forms have been evaluated, a limited number of students and their parents will be interviewed at home by a liaison teacher.
5. The committee/coordinator will determine the time and date for interview of student (at school) and at home (for parents).
6. Once the NS student knows the name and address of his/her partner (usually during the month of May) he/she must contact the latter by letter, e-mail or by telephone.
7. The current police reference/records check and the Child Abuse Register-Request for Search will be submitted to the provincial coordinator prior to the commencement of the exchange.

CONDITIONS:

1. The parents or guardians of the student participating in the exchange agree to receive the twinned student in their home during the entire 3-month return visit.
2. One student per family only can participate during any given year.
3. Since the number of participants is limited, a participant cannot apply a second time.
4. The partner from Quebec must be treated preferentially during the Nova Scotia visit (but not at the exclusion of other friends).
5. Departure for Quebec of all participants takes place at the same time (beginning of February) with a return together (at the end of April). Return travel expenses are paid by the Department of Education. All others costs i.e. return to NS during the exchange because of loneliness, are at the expense of the student and/or his family. The reciprocity of the exchange ensures to twinned families the cost of food and lodging.
6. It is the responsibility of the student and his school to take the necessary precautions prior to departure in February in order to foresee any catch-up required in different subjects where a student might have need. Within the framework of such an intensive immersion, it does not seem possible that the NS student would complete assignments which would relate directly to NS programs during a three-month stay in Quebec.

6.0 PROGRAM GUIDE

6.1 For Exchange Applicants and Their Family

Application does not guarantee participation.

You must be willing to fulfill some of your academic requirements either before you leave on the exchange, or after you return, or a bit of both. You may wish to start planning to meet your academic requirements as soon as application is made.

The exchange participants include both you and your family. As students applying for this program, you must understand the commitment you are about to make and be sure that your family will back you up in this endeavour.

The first portion of this exchange involves having a new family member for three months. Will this cause any strain on your family emotionally or financially? Will it interfere with your daily activities? *You must be willing to make this new member of your family the most important thing in your life for the school year.* Your partner must be more important than your boyfriend or girlfriend, your circle of friends or your part-time job. (You may find that you have to quit your job during the exchange.) Will leaving home for three months be difficult for you and your family?

Your family must be able to provide a private space for your Quebec partner. This could be a private room, but the exchange student must at least have their own bed and a place to be alone if required.

Parents must be able to meet the Quebec students at the reception points (usually the local airport) and take them to these points for their return.

It is hoped that host families will provide suitable cultural and recreational experiences for the Quebec exchange students. This might include some travel within the province. However, there are no minimum expectations and individual families should plan to do what they are comfortable doing. Any such travel is at the expense of the host families.

Hosting parents assume responsibility for the visiting students. Guardianship of the visiting adolescents is assumed. The host family must supervise any travel involving an overnight stay; verbal or written permission from the student's family must also be obtained.

Changes in family status such as illness, change of residence or family break-up, as well as concerns about such things as smoking, diet, or boy/girl relationships may happen. If anything of this nature occurs, and you feel that it could affect the exchange, advise your Liaison Teacher immediately.

You are asking your Quebec partner to become part of your family, and you must make every effort to be welcoming and give recognition. Remember, you will be spending three months with your partner's family as well. Participants must be prepared to respect house rules in such matters as curfew, smoking limitations, household chores, etc.

The use of alcohol or drugs, or trouble with the law means immediate termination of the exchange. Return airfare home for these reasons, or for early termination of the program for reasons outside the spirit of the program, may be at parental expense.

The Nova Scotia – Quebec Six-Month Exchange Program is a reciprocal exchange program. Francophone students from Quebec live with NS families for three months and attend NS high schools. Later in the school year, students from NS live with Quebec families for three months and attend Quebec high schools.

This section has been designed to inform participants in the exchange. Information for the student, the host family and the host school is outlined in a timeline format. PRIOR TO, DURING, AFTER the exchange period are seen as major subject headings. While the guide does not attempt to be all-inclusive, it is hoped that the suggestions and guidelines, resulting from the cumulative experience of past participants, will be useful. Each exchange is unique in character; yet often the experience of others in similar situations can help maximize the positive aspects of the exchange and help find solutions should difficulties arise.

Objectives of the Program

The program is designed to give the participating student an opportunity to:

1. Improve their knowledge of French as a second language.
2. Learn about the Quebec culture.
3. Experience a new school system.
4. Experience personal growth in social skills, independence, etc.

Eligibility

Before any NS student is eligible to participate, the student's school must inform the Department of Education in writing, of its commitment to the program. The school administration should designate an appropriate member of staff as the Liaison Teacher.

To be eligible to apply for this exchange program, students must:

- be currently enrolled in the French Immersion Program, Integrated French or Francophone Program of their high school;
- have good academic achievement and participate actively in the NS school;
- be flexible and open to new experiences and a new culture;
- be well motivated to participate in this type of learning activity;
- have parental and school support in this endeavour;
- be recommended by the Liaison Teacher.

The selection committee must be assured that the NS student meets the above criteria and that the home is one that will enthusiastically receive a Quebec student for three months. The committee must also ascertain that this would not cause an undue burden on the family.
(Note: Only one member per family may participate at any given time.)

Costs

The Department of Education will cover travel-related expenses, between the two provinces. There should be no additional school expenses in Quebec. However, if a participating student insists on returning home before the end of the exchange period, for a reason unacceptable to the Department of Education (i.e. homesickness, or unwillingness to adapt) or is requested to do so by the Department for a variety of reasons (i.e. use of alcoholic beverages or other intoxicants or difficulty with the law), the parents will be responsible for the inter-provincial travel costs. The cost of food and lodging is provided by the host family, however the participating student is responsible for providing his/her own spending money.

Submission of Applications

Completed student applications and interview schedules must be received at the Department of Education by March 31st of each year. It is essential that the application form be accurate, complete and legible. Typewritten application forms are preferred.

Student Responsibilities

- Participation in this program requires major and continuing commitment on the part of the student. Students should not apply to this program if not certain of their interest or commitment.
- Students participating in the program must be prepared to respect house rules in their host home in Quebec in regard to such matters as curfews, smoking limitations, house chores, etc.
- Trouble with the law, especially in regard of the use of alcohol or drugs, will mean immediate termination of the exchange. Return home travel may occur at parental expense.
- Student participants hosting a Quebec student must give high priority to their responsibilities as hosts. If they have part-time work, they must ensure it does not interfere with this responsibility.
- Participating students will be away from their regular school for three months. This requires special planning of the school programs for the year (i.e. making arrangements with teachers/principal for exams, projects, etc).

Application

While an application does not guarantee participation, students should start planning their timetable for the next school year as soon as possible.

It is important to realize your commitment upon application so that you and your family can plan accordingly. Consider how this new family member would affect your daily activities (e.g. it may be necessary to stop working, so that you may have more time with your partner).

Changes of family status (e.g. moves, family break-up), social habits (e.g. smoking, diet, boy/girlfriends), do happen. Should a change happen which you feel could affect the exchange, advise your Liaison Teacher immediately.

Notification of Status

All applicants will be notified of their status by the middle of May.

6.2 Prior to the Exchange Period

Correspondence with Quebec Partner/Family

Successful candidates should prepare to correspond with their Quebec partner and family. Correspondence should begin after June 1 and may be initiated by either partner. This allows adequate time for administrative details in both provinces. Students should pay particular attention to their first letter.
Wondering what to write about? Suggestions include letting your partner know about:

- yourself: photos, typical daily activities, domestic chores, weekend activities;
- your family: typical evening and weekend activities, photos;
- your school: include a school handbook, outline courses available, co-curricular and extra-curricular programs available (sports, music, etc). A letter from your Liaison Teacher would be valuable;
- your community: discuss the clubs, recreational facilities, geographic location, population, economy of the area, cultural and sport activities – include photos, maps, newspapers.

Obviously, the collection of this information will keep you busy in May. The June package should include basics. Letters or e-mails throughout the summer can fill in the details. Letters between the families help develop important ties for the exchange. Exchanging cassettes, photos, videos, etc, help with information sharing. When you receive a letter, reply immediately. Regular correspondence is crucial to the success of the exchange.

NOTE: Be sure to obtain a summer address for your partner, and telephone your partner if you have not received a reply to your letter by July. (Inform your Liaison Teacher if this is the case).

Drop out/Withdrawal

If you are selected and circumstances require you to withdraw from the program, you must notify:
1) your Liaison Teacher immediately in person; and
2) your partner and his/her family, by phone and in writing, with reasons explaining the need for withdrawal.

A copy of this correspondence must be sent to the Department of Education through your Liaison Teacher.

Family Responsibilities

- Participation by a student in this program also requires a major and continuing commitment by his/her parents. It involves the hosting of a Francophone student for three months.
- It is essential that every member of the family be receptive to the exchange student and be willing to contribute to the success of the exchange. Every family member must agree to participate in the exchange by supporting the presence of a new family member for three months and the absence of a family member for a three-month period.
- There must be space in the home for another adolescent. A separate bedroom is not essential but may be desirable. **A separate bed is essential, as is the creation of "private space" where the exchange student may be alone if desired.**
- Parents will be requested to meet incoming Quebec students at reception points throughout the province and to return them to these points for their return to Quebec.
- It is hoped that NS hosting families will provide suitable cultural and recreational experiences to Quebec exchange students. This might include some travel within the province. There are no minimum expectations here and individual families should plan to do only what they might wish to do. Such travel is at the expense of the host family.
- Hosting parents assume responsibility for the visiting student. It is expected that this guardianship of the visiting adolescent be assumed. Any travel involving an overnight stay is to be supervised by the host family; verbal or written permission from the student's family must also be obtained.

Preparation for the Exchange

Once notified of a proposed match, parents must consider carefully the responsibilities outlined in the previous section and the way an exchange would affect the family before the proposed match is accepted. When the Department of Education receives the signed acceptance document, it is with the understanding that the commitment has been made to this exchange program.

Be sure that any changes in information given during the interview, or on the application form, are communicated immediately to your Liaison Teacher and to the Department of Education.

Correspondence with Quebec Host Family

Parents are encouraged to write to each other giving more information about the home situation, i.e. household rules, chores, curfews, rules concerning alcohol, church, medical problems, any special attention required, diet, clothing to take, etc. Weather patterns and geographical location dictate proper clothing for family activities required by your son/daughter.

Families may use the guidelines outlined in the Student Responsibilities section with letter writing. Cassette tape, video recordings and e-mail are alternate methods of communicating.

Be sure to inform counterparts of summer addresses and telephone numbers, so that communication is clear and may be continued throughout the months of July and August. Relationships can only be established by frequent communication of clear, complete information.

Student Timetable Planning/Programming Considerations

Your participation in the NS/Quebec Student Exchange program is likely to be a very challenging, stimulating and rewarding experience. Since your next school year will be different from the usual, it is very important that you plan your school program with special care. As soon as possible, you should consult with your teachers, counsellors and, if necessary, with the school administrators to ensure that your school program is structured so that you receive a full year of credits and satisfactory marks.

Past experience has shown that the more work that is completed before going to Quebec, the easier it is for the NS students to readjust to the NS school system and way of living upon returning. It is certainly more difficult to do work upon returning to NS that could have been done prior to departure. Working on NS correspondence courses during your three-month stay in Quebec is not recommended. You will be very occupied with your Quebec school program and activities. Some participants my consider attending school during the summer proceeding or following the exchange.

Do not expect schools in Quebec to be able to meet your exact needs regarding course selection, as this is not always possible. The main goal of the program is language learning in the cultural milieu. This will require your full attention. Work from NS would greatly distract its achievement. Should you have timetable concerns, please discuss them with your Liaison Teacher and school administration.

6.3 Hosting Quebec Exchange Student

September to December

During this three-month period, the major responsibility of the NS student and family is to welcome the Quebec student and make him/her feel comfortable in your home. It can be a stressful experience for a teenager to leave his/her "secure" environment to live with a new family for three months. This difficulty is usually compounded by language/communication difficulties. While some Quebec students may be able to express themselves quite well in English, it is important to note that nuances of meaning and the cultural understanding will require special attention and assistance.

This section attempts to give some suggestions, which may help you during the hosting period portion of the exchange.

Arrival of Quebec Student

NS students and families must be at the pickup point to welcome the Quebec student. NS students should help their exchange partner settle into their home. A tour of the home and a review of the relevant household rules are recommended. This must be repeated several days later to ensure understanding. Make the arrival a special event, i.e. with flowers, a party, BBQ or dinner, etc. Be considerate of your partner. He/she may be tired, may not understand, and you may need to go over the relevant household rules slowly again, 2 to 3 days later.

At School

When you take your Quebec partner to school, the first person that he/she should meet is the Liaison Teacher, followed by the school administration. Inform your partner of the school rules, morning routines, timetable, cafeteria, gymnasium, bus pass, locker, and give him/her a tour of the school. He/she may follow you to your classes until a timetable is established.

Take your partner to all his/her classes and introduce him/her to the teachers. If a major problem is perceived, tell the Liaison Teacher. Remember that "little" things are good excuses to get upset when the real issues are major cultural and language differences. **So please be patient**.

Go for a swim, play racquetball, or any activities where there is little need to talk. Physical activity is a great stress reliever. Even if language competence is limited, everyone knows when one is talked about rather than talked to. Do not treat your partner as a third person when you are both conversing with friends. When you are learning a second language, you tire very quickly. Allow your partner lots of sleep, sports, non-conversational activities and private space.

Family Situation

The first weeks of the exchange are the most important. It will require all of your attention to include your new family member in all activities. If there is one rule of thumb, it is to communicate directly and clearly with the exchange student regarding expectations and limitations.

Some areas of concern that have been mentioned by past participants of the program include:

- The presence of a new family member can cause jealously on the part of younger family members or identical twins. Suddenly someone is receiving more attention. It is important to involve these young family members who can be excellent teachers: they repeat things many times, as they generally love to communicate. If the Quebec student is watching English television, the younger sibling should not change stations without asking. It is important that parents help younger children accept the new addition to the family.
- The Quebec student should also be encouraged to come out of his/her room, i.e. to watch television, write letters in the kitchen or family room, or to help with family chores.
- Respect your partner and communicate honestly with him/her as often as possible. However, it is not necessary to be with each other all the time.
- In the early stages of the exchange, continue to verify that your partner understands and that he/she is not just polite and saying "yes".
- If you, as the host student and family, see that after the first few weeks the Quebec student is spending all his/her time in his/her room without indicating being tired, is crying a lot, and/or is writing a lot of letters in his/her room, host parents should sit down with the Quebec student and make sure that everything is alright. If necessary, involve the Liaison Teacher.
- The Quebec student must be encouraged to communicate with the NS partner if there is the slightest concern at any time. The Quebec student must realize that you and your family care. In many cases, indication of affection: a hug, or a pat on the back will break the barrier.

Family Rules

Many NS families have very few written rules but a short written list should be given to the Quebec student so that he/she knows when meal times are during the week and weekend, shower schedule, curfews for weeknights and weekends, family chores, how much television time, and family activities.

Telephone Calls

Local calls - Frequent calls to other Quebec exchange participants (more than once a day, more than five minutes) should be discouraged. Calls should be made in English, as the Quebec students are here to learn English, not to perfect their French.

Long distance calls - While it is natural for Quebec students to want to call their friends in the area, perhaps those in another city, and their family, it is necessary to have a clear understanding as to the payment of these long distance calls. We suggest that Quebec students pay for all long distance calls while in NS and that NS students pay for all long distance calls while in Quebec.

Language

The Quebec student may use English to swear, completely unaware of the meaning of the newly learned expressions. You may find that your friends or other students relish the opportunity to teach your partner such expressions. If this should happen, the Quebec student must be told politely that this is inappropriate and why.

General Observations

Students from Quebec may be used to fairly direct communication about any subject with parents, or teachers. They may be very frank and straightforward.

Based on past participants' comments, the homes in Quebec tend to be somewhat less rigid and regulated. In both Quebec and NS, on average, rural families spend more time on family oriented activities than urban families.

Letters are a very popular way to stay in touch with home and friends. If a Quebec student spends a lot of free time in his/her room writing long letters, it may cause some problems.

Direct communication with the Quebec student is best, if the NS parents want the Quebec student to do something (i.e. clean up his/her room). Tell him/her directly what you want done.

Friends

The NS student should introduce his/her Quebec partner to his/her own circle of friends. During the exchange, the Quebec student will make his/her own circle of friends. This will allow both young people to spend some time apart, which is conducive to a healthy situation.

The host family/partner is not expected to provide instant friends. It is normal for friendships to require a certain amount of time to develop, and friendships should not be imposed on your partner. In a new environment and the added dimension of a new language, it is a challenge to make new friends, but well worthwhile.

The Quebec student may be the focus of a great deal of attention since he/she is the new person on the scene. Quebec students may happen to acquire a lot of friends rapidly: jealousy may creep into the relationship between the partners. The reverse situation may occur in Quebec.

One of the best ways of learning a second language is to go out with a girl/boy from the host province that only speaks your second language. If your partner decides to use this method, ask him/her to introduce the girl/boy to your home for parental approval.

During the fall term, the parents should make every attempt to attend the Parents' Night at school to determine the progress of their own son/daughter and the Quebec student's participation and progress, and to ensure that all of the teachers involved are aware that the NS student will be attending school in Quebec for three months.

Language Learning

When an exchange student becomes capable of expressing him/herself in a second language, it is a wonderfully satisfying accomplishment. However, a price is exacted. Generally, the frustration period may last for a period of four to six weeks. Single words will be replaced by groups of words and an entire sentence is a major victory. The strength of the motivation to learn the second language and the family environment will determine the rate of progress.

Always make sure that if the Quebec student wants something, he/she will have to ask for it in English. Help him/her in English, if necessary.

Here are a few ideas to help the Quebec student:

- Show the Quebec student how to answer the phone and then have him/her do it all the time.
- Dictate the grocery lists to the Quebec student and take him/her to the supermarket.
- The student may help the family with other errands; this will help improve his/her English skills and provide opportunities to meet others.
- Have the Quebec student write a daily/weekly letter about anything (e.g. diary) and after dinner, sit down together to correct it.
- Expose the Quebec student to all types of social games, cards, scrabble, English television, video and music.

6.4 After Hosting the Quebec Student

NS Student Preparation Period

You have said a temporary goodbye to your new friend. Besides the re-adjustment to your family dynamics, you will complete the final stage of your pre-departure schedule. Yes, this is a hectic, crazy time! You begin to realize that soon it will be your turn!

Some suggestions, which should help you during this busy period, include:

- A weekly schedule of things to do.
- A clothing list is a good start. Ask your partner what kind of clothes to bring for winter. If there is a lot of baggage, send some ahead (i.e. via bus express) and let your partner's family know it is coming.
- Start watching/listening to films, radio, etc in French.
- Prepare a Christmas list for your family: French dictionary, clothing, luggage, skis, and money.
- Some teachers may suggest you give a presentation to the class upon your return from Quebec, telling other students about the area where you lived. The presentation might be done from an historical, geographical, or sociological viewpoint. Think about the photographs that you may take and any necessary research before you leave.
- Hopefully your partner will have shown you the course list from his/her high school. You might consider giving your Quebec school a tentative list of courses you would like to take, keeping in mind the restrictions in your host school. It is best to plan the February to April period as an absence from the NS school system.
- Make an arrangement with your family as to how much writing and telephoning will take place. An agreement with your friends that you will write a common letter to them will allow you to spend more time with your Quebec partner and his/her family learning French. If you are taking a non-semester course in NS, arrange with a reliable friend to collect notes and handouts in each of your classes during your absence.
- Many students like to keep a journal recording their experiences. You might like to start this in September with the arrival of your Quebec partner. This should be reread when you arrive in Quebec to remind you of what your partner went through.
- Make a family decision with respect to finances and a weekly/monthly budget. Will you use traveler's cheques, a weekly/monthly cheque from home, or a bank account?

Packing

Just a few reminders...

- Have you checked on the climate for the region where you are staying?
- Remember, you won't have a lot of room in suitcases for a huge wardrobe and there are washing facilities in Quebec, so take a limited wardrobe with maximum flexibility!
- Coordinates, layers of clothing, are the most practical way of wardrobe planning.

Summary

- Send excess baggage ahead of time. Call your receiving family and tell them when and how the bags will be arriving.
- Have medical and dental checkups prior to departure.
- Obtain a NS Health Card to carry to Quebec.
- Have coursework/assignments done prior to departure.

6.5 During the Exchange Period in Quebec

Arriving in the Quebec Community - February to April

The first two weeks in Quebec will be a challenge. You will be surrounded with "new" people and situations.

Quebec Host Family

When you arrive, you will be tired, disoriented and inundated with new information all in French. Don't hesitate to ask people to repeat information and names.

Do not tell people that you have understood a communication in Fren[illegible] if this is not true. Ask them to repeat the communication until you do understand.

When you arrive, you will be asked if you wish to rest, unpack, etc. in your new room. Do not hesitate to tell your partner and your host family if you are tired (due to travel, constant usage of French, etc).

In your own family, where the rules are understood, there is no need to ask or confirm. In a new family, you must learn the rules.

Ask your partner about the following family rules:

- Meals - What time are family meals? Are there any eating restrictions (allergies, special diet) that should be discussed?
- Housework - What chores are expected from me? How often? Where are the cleaning materials? Dishes? Washing? Laundry?
- Your room must be kept tidy! If you are sharing a room, determine who does what.
- Bathroom – One more family member will affect the schedule, particularly if all are sharing one facility. Find out the schedule and live by it!

Hints for Improved Family Relations

The very first thing you must ask yourself is what you can do. It is important that you realize it is your responsibility to adjust to your host family's way of doing things, and not the other way around.

What is your host family expecting? We cannot generalize, but you can be sure that they are hoping for a response from you, a sign that you care about their efforts! We would like to suggest three ways that you can be responsive.

1. Share yourself with your exchange family. They are concerned with how you feel and how you are doing. They want to learn all about you, your family, and your part of the country, your culture and customs. Spend time talking to them and offer to prepare a special meal (even if you can't cook, there must be a friend who can help you). Share unique celebrations with them – birthday, breakfast, or whatever. Above all, avoid saying "no". If the family invites you to go somewhere with them – a museum perhaps or apple picking, accept, even if you don't particularly care for museums and don't like apples. After all, these are all experiences to which you must be open – even if you are tired, push yourself a little more.

2. React and respond to whatever they say to you or do for you. If your host family has prepared a special dish for you, don't hesitate to say "how delicious!" If you don't really like it very much, a comment about how nice it was of her to do that will suffice. **If people do things for you, show appreciation or they most likely won't try again.** Whatever they do, they expect a response from you and it is one way for you to repay them.
3. Volunteer to help. Most families assign some chore to each family member and they will expect you do your part, but may be reluctant to ask you to help. You are expected to understand that there are responsibilities for everyone involved in running a household, and you must do your share. Some students have found that less was expected of them from their Quebec family than from their family back home. Don't wait, volunteer and ask what you can do so that the family has no reason to be disappointed and complain that the exchange student thinks that housework should be done by others or magically takes care of itself! Above all, remember that you are expected to accept and adapt to the lifestyle of your Quebec family.

Any traveling that you do without your host family must be approved by your natural and host families. In general, traveling alone or with other teenagers involving an overnight stay is not recommended.

Visits from NS Friends or Family

Visits during your three months stay in Quebec from NS family and friends can disrupt the exchange. This is especially true of boyfriends and girlfriends; therefore they are not allowed. We recommend that your family not come at all, but if they do, they should do so after the initial exchange period. It is confusing to have two sets of parents with two different value systems, and difficulties can develop.

Religion

Your host family may have different views on religion than your family in NS. If this is important to you, discuss this with the family immediately upon arrival and make the necessary arrangements.

Should there be any difficulties, which need resolving, the Quebec Liaison Teacher is the key person. Do not hesitate to discuss issues with him/her about which you feel uncomfortable.

Caution!

Your Quebec partner is the "person you know" in this strange, new world. There will be a tendency to "cling" to this familiar person. Remember that this may become tiresome in the long run.

People in Quebec will want to practice their English with you. Make sure that you say NO ENGLISH, PLEASE! calmly, firmly and politely. This is YOUR opportunity to learn and to practice French, not to teach English.

Friends

Your partner will introduce you to friends at school and people in the community. Avoid refusing to try a new activity or miss an occasion to meet new people. New friendships usually require time and commitment. This is more difficult when your French is not as fluent as you would like. Do not expect your partner's friends to become your friends automatically. Your needs will probably be quite different.

It will be up to you to make the effort to integrate into the school and community. This can be very taxing and frustrating, especially in the first weeks when your French is limited.

Do not hesitate to make your own friends. There is no need to "live in each other's pocket." In fact, depending on your partner too much for too long could cause resentment. Should this arise, discuss this with your partner.

Friendships with other NS exchange students are natural – but – restrict your English. You are there to learn French.

Special Friends

If your partner has a boyfriend/girlfriend, there may be occasions when you are invited to join them for an outing. If you feel like a "fifth wheel", discuss this uncomfortable feeling openly with your partner.

Should you develop a "special relationship", remember to abide by the family rules! If you find the Quebec parents "overprotective", ask yourself how you would act as a parent, hosting another teenager. Be sure to invite your friend(s) to meet your Quebec family.

Telephone Calls

It is natural that you call home occasionally, especially upon arrival. However, more than one phone call home a week may be an indication of problems, and will cause your host family some concern. Should you be homesick, discuss this with your host family, ask for a hug, do something. Suggestions can be found further on in this section.

Phone calls to other NS exchange students should be infrequent and in French as much as possible. Be sure to limit, and then eliminate English as your French improves. Remember you are there to learn more about Quebec, not about other Nova Scotians. Do not abuse the host family's telephone. Calls home and any other telephone charges (toll calls) should be paid for promptly.

Letters/E-mails

Like the telephone, this is a very popular way to maintain links with home. Remember, family and friends in NS love you. Your absence does not diminish their caring – they will be there when you get home! So concentrate on your experience in Quebec!

If you find yourself spending hours in your room alone or writing more than two or three letters/e-mails per week, you may be experiencing some difficulty adapting. This type of activity is not helping you learn French and may be a sign of homesickness, culture shock, frustration, or difficulty with language learning.

Remember that letter/e-mail writing, telephone calls, and speaking English with other exchange students are not effective solutions. They are just temporary 'band-aid' solutions.

The School

When you arrive at school the first morning, have your partner introduce you to your Liaison Teacher. This should be the first person that you meet. Then be sure to meet the administrative staff.

You may not receive a timetable immediately. You may visit classes or go to classes with your partner until a timetable is arranged.

Your school situation in Quebec may be very different from the one you know in NS. Do not insist on a certain schedule or course. This may not be possible in your new school due to the timetable and class size restrictions.

Always remember that you are an ambassador for NS. You must be diplomatic and considerate at all times. You may share your views but trying to impose them on others may create unnecessary conflict.

You will be a new face in the school. Sometimes you will feel stared at. A friendly smile and a warm "Salut!" should see you through this somewhat disconcerting situation.

Do not be afraid to use your vocabulary and get to know people in your school/community. Often the negative feelings are about the unknown. Giving people a change to know you, the Nova Scotian, will usually dispel most of the fears – yours and theirs!

Be prepared to talk about NS. You will be asked to speak in your own classes and possibly in others, as well as, for groups in and out of school. Do not be surprised at the number and type of questions you will be asked! That "package of goodies" on NS you brought along will be very useful now.

You are in Quebec as an exchange STUDENT, not on a continuous vacation or travel program. **This means that you are expected to attend school regularly**, work hard, earn acceptable grades, and demonstrate a positive attitude, even if you receive no academic credit at home for your schooling here. At some point, you might feel that this is a "lost" semester as far as progress with your academic education is concerned; but you have chosen to enrich your life with this exchange experience and the value of the non-academic experience is certain to outweigh the academic loss.

School may be very different from the one to which you are accustomed. You may have a different group of classmates every hour and you will find a variety of courses to choose from, besides the compulsory courses that you might have to take. Get your counsellor's advice. Don't shy away from other academic classes or advanced courses; you will find them a challenge. If your French is a bit shaky, stay away from courses with a long reading list. Above all, try to take classes that you cannot get at home.

The clubs and teams that you join can offer new friendships. Participate! As soon as you can, visit the clubs and teams at school (a drama group, a computer club, or the tennis, soccer or volleyball team). Whether the sports program in your host school is more or less competitive that your home school in NS, if the team is not already full of players, you might be just the person they have been waiting for! Involvement is the key.

Student Frustrations

Yes, you are finally in Quebec! The dream has become reality and you have learned that dreams are limited by being only of one perspective – yours! But now you have new people in your life, and you are immersed in a new culture with which you are not familiar, and a language that seems to become more frustrating by the minute, because everyone speaks so fast, and a new school, and...you feel at least somewhat overwhelmed!

Attitude

Your attitude will, largely, determine the success or failure of your exchange. First, you must have a positive frame of mind. No matter what happens, or where you are, or with whom, be curious and open, look for the good things and for what you can learn from the experience. Above all, remember the two "C's" – consideration and cooperation.

In the situation that you have chosen, greater maturity is demanded of you, and you are obliged to cooperate with and to have consideration for others – to think about them and what they may want. The little, everyday things count most – say "Merci", come home when you are expected, eat the food that is placed in front of you, smile and say "Bonjour" when you walk in the door, offer to set the table, to take out the garbage or rake the yard, keep your room clean, join the family in their activities, write thank-you notes to their friends who have shown you a special kindness, forego an evening with the "gang" to attend a family dinner.

It may seem like a burden to you, but you are not responsible only for yourself, you are a representative of NS and an ambassador in Quebec. You and your behaviour may shape the attitude of people in Quebec towards all young people from NS. The image that you leave in the minds of the people in your community will pave the way or block it for those who follow you. It can mean that there will be other homes for exchange students or that there will be none. Even if you have to "bend over backwards", do not be selfish, be mature and be a good ambassador!

Culture Shock

At some point during your three months in Quebec, you may ask yourself, "What am I doing here? I could be with my friends and family, or at least in more familiar surroundings! You may have to deal with depression and homesickness. Most important for you to know is that you are not alone and this is a perfectly natural way to feel when you find yourself in a culture that is different from your own. When the rhythm of our daily existence is disrupted and all the familiar supports that we have lived with all our lives are suddenly pulled out from under us, we suffer "culture shock"! But remember that "culture shock" is a common and normal reaction when you are in a strange place.

What are some of the things that can happen to you? Most common are feelings of depression and anger. You become irritated about almost everything. You feel that everything in Quebec is stupid and everything "back home" is wonderful. You feel that no one understands you. You don't feel like going out, you are afraid to take risks; you are tired and sleep much more than usual, and you gain weight and blame it on the new food.

There are unacceptable methods of dealing with these problems such as consuming alcohol, taking drugs or returning home. However, there are alternative methods of confronting depression caused in part by culture shock, unfulfilled expectations and loneliness.

Keep busy doing things. When you are bored or lonely, make a decision to do something immediately! Engage in activities that you may have previously avoided or considered silly. Go watch a hockey game or call someone from the school and arrange to get together now. Go to a movie, a concert or just out for a hot chocolate or a soda.

Concentrate on the here and now and put behind the memories of "the way things are done back home". Look at the life around you as being interesting and different – not better or worse. If you are critical and negative, you will quickly alienate people and become isolate from them.

Talk to your host family. Sometimes talking about how you feel makes the feeling itself less intense. And they will be happy that you have shared your feelings with them.

Eat sensibly and avoid junk food even when you are surrounded by it.

Do not spend all of your time with other exchange students. You will only feed on each other's dissatisfactions as you spend your time complaining and reminiscing about all the good things you left behind.

Do not sit in your room writing letters/e-mails home. This solitary activity is not good for you and your family and friends will not know how to interpret your feelings and may become upset. If you must write your feelings down, let the letter sit for 24 hours or more and reread it before mailing it. The world may look totally different by then.

Make friends. The only way to make new friends is to talk to strangers. Most of the students at your school are already part of a group, but they are interested in you – you may be a curiosity at first, but they will include you if you make the first move. Do not wait for them to call you and do not get discouraged.

Join clubs and sports teams. Participate in school and community activities. Join a church youth group or volunteer to teach some young people a skill that you know and they are trying to learn.

If you feel that your problem is different, that this advice does not help, and your host family does not understand, then you must contact your Quebec Liaison Teacher. He/she is dedicated to providing you with a rewarding exchange experience and will do all he/she can to see that goal achieved.

Language Learning

If you are speaking a second language, your knowledge of that language is probably more than adequate, and you feel good. Everyone around you will be full of admiration for your linguistic ability. Sometimes, however, it will be necessary to investigate the real meaning of the word. Have a pocket dictionary handy and make use of it. You have probably brought a bilingual dictionary with you, but here you should also have a French dictionary. Buy one, if your host family does not have one.

Also, be sure that you are aware of the effect that certain words have on the listener. Ask if you do not understand something and be sensitive to the nuances of words. In talking about complex subjects you will still find yourself searching for the right way to express yourself, but do not let that deter you from getting into interesting discussions.

When you are in a conversation, you want to present the best possible you there is. This is difficult when you cannot find the words. Frustration leads to lower self-esteem.

Remember

People may perceive you as being quiet or shy, and that while this may not be the "true you", it is a phase you are going through as you learn French.

When you relax and accept that you are a fine person, you learn more quickly.

If you are not afraid to ask people to repeat, they will do their best to help you.

Patience and Permission

Patience and permission are two key words. Be patient with yourself and ask for the information you need – they will help. You cannot become bilingual overnight and there are no magic potions currently on the market! Give yourself permission to make mistakes. This is how you learn and as you listen and practice more, you will acquire more vocabulary and learn more structures. It is natural when you do not know an item in French, to try English or a "literal translation" to communicate. As people give you the correct phrases and structure, you will be able to speak more fluently.

Research in linguistics (the study of languages and language learning) has determined that bilingual people have separate language centres. Translation to English merely strengthens your English centre. To learn French and develop competence, you must use French in your daily life, thinking and even dreaming! This can happen while in Quebec.

To take advantage of this opportunity, you must be ready to:

- stop translating into English;
- learn the French names for objects, etc (make lists);
- learn the structures that express ideas in French, ask for words you want to know from your partner, family and friends – then use them;
- be ready to experience headaches and frustration from the concentration – the reward is incredible! After eight weeks in Quebec, the results are almost magical, and you can be quite proud of your accomplishment!

NS Family During NS Student's Absence

During this time, the NS family will need to support their son/daughter who is in an unfamiliar situation by:

- determining how often phone calls and letters home should occur; and
- suggesting that the student become involved in the family and social life in Quebec.

Limiting communication with your son/daughter is suggested. This "escape" from the homesickness and frustration of a new culture and language is only temporary.

Note: The advantage of a pre-determined communication schedule is that the NS student learns independence and faces any difficulties he/she encounters.

Remind your child of his/her commitment when things are tough, and of his/her ability to solve this difficulty, and the pride, which will result from succeeding.

Encouragement from you will see your child through. The reward is personal growth, independence AND fluency in French – all well worth the effort!

6.6 After the Exchange

Returning Home from Quebec

As you struggle to "get those credits" or prepare for the summer, you may wish to consider options for maintaining and improving your French. It is essential, once you achieve your current level of fluency, to take the initiative to maintain and improve your skills.

While considering your options, some of the following suggestions may be helpful:

- Investigating summer employment with local tourist offices, or the national parks, where French would be an asset.
- Assisting in daycares, nursery schools, kindergarten or playgrounds where French is the language of communication.
- Volunteering to help at summer language camps.
- Acting as a Big Brother or Sister to someone who speaks only French (or whom you could tutor).

These ideas may be incorporated into your life in NS. Further language study and summer work programs also exist, whereby it may be possible to work in a French-speaking milieu. Be sure to contact the nearest Canada Employment Centre for further details. Investigation of various options of post-secondary institutions will also disclose more opportunities to improve your French. This may be a worthwhile enquiry as you consider your choice of universities and programs. Be sure to discuss these possibilities with your Liaison Teacher.

If you have any questions or comments, please contact:

Provincial Coordinator, NS-Québec Exchange Program
Department of Education
French Second Language Program Services
PO BOX 578, 2021 Brunswick Street
Halifax NS B3J 2S9
Phone: (902) 424-6327 Fax: (902) 424-0057 Email: baccarac@gov.ns.ca

Student Application Form

Appendix 1

If you are selected to participate in this program, this application will be forwarded to your exchange partner to provide information about you. Please type or print clearly in black ink to ensure legibility of the information. The Department will accept only legible applications.

STUDENT INFORMATION

Last Name: _____

First Name: _____

Address: _____

City: _____

Postal Code: _____

Date of Birth (DD/MM/YY) _____

How old will you be next September 1? _____ Years _____ Months Sex: ❒ F ❒ M

Height: _____ Metres/CM _____ Feet/Inches

Attach a recent photo the size of this box.

Write your name on the back of your photo just in case it becomes detached from the application.

FATHER OR GUARDIAN

Last Name: _____ First Name: _____

Home Phone: (_____)_____ Work Phone: (_____) _____

Is this the same address as the student's? ❒ Yes ❒ No

MOTHER OR GUARDIAN

Last Name: _____ First Name: _____

Home Phone: (_____)_____ Work Phone: (_____) _____

Is this the same address as the student's? ❒ Yes ❒ No

SCHOOL INFORMATION

School Board: _____

Name of School: _____

Liaison Teacher(s): _____

(As identified by the School Principal and indicated on the School Registration Form submitted to the Department)

School Address: _____

City: _____ Postal Code: _____

Telephone: (____) _____ Facsimile: (_____) _____

GENERAL INFORMATION

1. FAMILY

Indicate who will live in your home during the visit of the Quebec student:

❒ Father ❒ Mother ❒ Guardian(s)

❒ Brother(s) – How many? _____ Ages: _____

❒ Sister(s) – How many? _____ Ages: _____

❒ Other (Please specify): _____

Would you accept a mixed exchange (boy/girl)? ❒ Yes ❒ No

One of your parents or guardians must be in your home for the duration of the exchange, including the period when you are in Quebec.

2. LIVING CONDITIONS

In what type of home do you live?

❒House ❒ Apartment ❒ Mobile Home ❒ Other _____

Will you provide the Quebec student with his/her own room?

❒ Yes ❒ No

If not, with whom will the Quebec student be sharing a room?

_____

In any case, where an exchange student will be sharing a room, the space must be equally divided. Students must be provided with their own bed.

3. PERSONAL RELATIONSHIPS

Friends

Are there places in your community, other than school, where you can easily meet other people your own age?

❒ Yes ❒ No If yes, please explain where and how.

_____

_____

_____

Although the exchange student must be given priority for the duration of the exchange, the partners do not have to be together constantly. The exchange student is to be considered a member of the family, with the freedom to choose his/her own friends. This is important to a successful exchange.

Boyfrieds/girlfriends

Do you have a regular boyfriend/girlfriend?

❒ Yes ❒ No

How do you think your relationship will be affected when your exchange partner is in Nova Scotia for three months?

_____

_____

_____

And when you are in Quebec for three months?

_____

_____

_____

4. HEALTH

Do you follow a special diet (e.g. vegetarian)?
❒ Yes ❒ No
If yes, please specify:

_____

_____

_____

Do you have any chronic health problems?
❒ Yes ❒ No
If yes, please specify:

_____

_____

_____

Allergies

Do you have any allergies?
❒ Yes ❒ No

Do you require medical treatment for your allergies?
❒ Yes ❒ No

Please describe any conditions which you cannot tolerate (foods, animals, plants, chemicals, smoking, life on a farm, etc).

_____

_____

_____

If the only exchange possible were with a family where you would encounter any of these conditions, would you accept the exchange?
❒ Yes ❒ No

_____

_____

_____

5. SMOKING

Do you smoke?
❒ Yes ❒ No

Note: If you answer no, but it turns out that you do smoke, your exchange may be cancelled and you may be required to return home immediately, at your own expense.

Do any people in your family smoke?
❒ Yes ❒ No

If yes, specify who smokes and where smoking is permitted in the home.

_____

_____

_____

Would you and your family accept a twinning with a student who smokes?
❒ Yes ❒ No

_____

Would you accept a twinning where one or more people in the family with whom you would be staying, smoke?
❒ Yes ❒ No

If the only exchange possible was with a family where one or more people smoke, would you accept the exchange?
❒ Yes ❒ No

6. ANIMALS

Do you like animals?
❒ Yes ❒ No

Would you accept a twinning in a family where there are animals?
❒ Yes ❒ No

Do you have animals in your home?
❒Yes ❒No

If yes, please specify what type of animal and how many.
_____ Cat _____ Dog _____ Bird _____ Other _____

7. RELIGION

Is it important for you to attend religious services regularly?
❒ Yes ❒ No
If yes, which religion do you practice?

_____

_____

_____

8. POCKET MONEY

Do you currently receive pocket money?
❒ Yes ❒ No

Students must supply their own pocket money to pay for activities such as movies, concerts, sporting events, snacks, etc. Students who have participated in the program in the past have indicated that they have spent $500+ on such activities during their stay in their host province.

9. RECREATIONAL ACTIVITIES

Which of the three categories below best indicate your personality?
❒ Artistic ❒ Intellectual ❒ Athletic

In which activities do you participate regularly? Please indicate the number of hours per week.

At school: _____ hours/week _____

At home: _____ hours/week _____

Elsewhere: _____ hours/week _____

Music

What type of music do you like? Please indicate your order of preference (1-8).

_____ Classical _____ Popular _____ Rock _____ Jazz

_____ Rap _____ Western _____ Heavy Metal _____ Other _____

Is there any kind of music that you do not like?
❒ Yes ❒ No Please specify: _____

Are there any musical instruments in your house?
❒ Yes ❒ No Please specify: _____

Do you play an instrument?
❒ Yes ❒ No Please specify: _____

Do you take music lessons?
❒ Yes ❒ No Please specify: _____

Social and cultural activities

What types of activities do you like? Please indicate your order of preference (1-9).

_____ Movies _____ Dance _____ Computers

_____ Video Games _____ Shopping _____ Music

_____ Sports _____ Television _____ Other _____

Hobbies

❒ Drawing ❒ Painting

❒ Reading ❒ Collecting (stamps, pins, etc) _____

❒ Sewing ❒ Other _____

Sports

In your opinion, sports are:
❒ Very Important ❒ Important ❒ Not Important

Do you participate in one or more sports?
❒ Yes ❒No
If yes, which is the most important sport for you?

_____

In the following list, please indicate the sports in which you participate.

R = Regularly, O = Occasionally, and the number of hours per week you participate.

Group sports

R	O	Hours		R	O	Hours	
❒	❒	_____	Badminton	❒	❒	_____	Racquetball
❒	❒	_____	Baseball	❒	❒	_____	Ringette
❒	❒	_____	Basketball	❒	❒	_____	Rugby
❒	❒	_____	Boxing	❒	❒	_____	Squash
❒	❒	_____	Football	❒	❒	_____	Soccer
❒	❒	_____	Hockey	❒	❒	_____	Tennis
❒	❒	_____	Wrestling	❒	❒	_____	Water polo
❒	❒	_____	Bowling	❒	❒	_____	Other _____

Individual sports

R	O	Hours		R	O	Hours	
❒	❒	_____	Alpine Skiing	❒	❒	_____	Scuba Diving
❒	❒	_____	Cycling	❒	❒	_____	Skate Boarding
❒	❒	_____	Diving	❒	❒	_____	Swimming
❒	❒	_____	Figure Skating	❒	❒	_____	Water Skiing
❒	❒	_____	Golf	❒	❒	_____	Cross Country Skiing
❒	❒	_____	Ice Skating	❒	❒	_____	Synchronized Swimming
❒	❒	_____	Roller Skating	❒	❒	_____	Other _____
❒	❒	_____	Sailing	❒	❒	_____	Other _____

Other sports

R	O	Hours		R	O	Hours	
❒	❒	_____	Aerobics	❒	❒	_____	Gymnastics
❒	❒	_____	Martial Arts	❒	❒	_____	Jogging
❒	❒	_____	Camping	❒	❒	_____	Fishing
❒	❒	_____	Body Building	❒	❒	_____	Equestrian Sports
❒	❒	_____	Hiking	❒	❒	_____	Weight Lifting
❒	❒	_____	_____	❒	❒	_____	

10. OTHER EXCHANGES

Because this exchange is six months in duration, you may not participate in another exchange program if you are selected for this exchange.

11. KNOWLEDGE OF FRENCH

NS students who participate in the exchange program will be expected to speak in French for the duration of their stay in Quebec. Contact with other English-speaking students during the exchange is discouraged unless French is used as a means of communication.

In your opinion, how is your command of French?

❒ BEGINNER	Some greetings, phrases, but unable to carry on a conversation.
❒ TOURIST	Can order food, read and ask questions.
❒ INTERMEDIATE	Can maintain a straightforward conversation.
❒ BILINGUAL	Can enjoy French radio and television and communicate with ease.
❒ FRANCOPHONE	Grew up speaking French and use it all the time at home.

12. LETTER OF INTRODUCTION

Write a short letter to introduce yourself to your future partner. Describe yourself by writing about your personality, your tastes, your qualities and your faults. Include all the things that will assist your partner in getting to know you. If needed, consult someone who knows you well.

What qualities would you like your partner to have?

SIGNATURES

Both student and parents must show a commitment to participate in this program. The parents must be prepared to encourage their child to persevere in the exchange despite difficulties encountered while adapting to a new situation. They must limit contact by telephone. Visits by the parents to the student's exchange home in Quebec during the exchange are outside the spirit of the exchange. This should only occur in case of emergency and with the consent of the Provincial Coordinator.

I am committed to the successful completion of this exchange. If chosen, I will make every effort to make the partner selected for me feel welcome. I will not drop out of the program except under exceptional circumstances and only after consultation with the School Liaison Teacher and/or the Provincial Coordinator.

_____ _____

Date Signature of Student

We have read and understood the responses of our child in this application form. We accept with enthusiasm our child's intention to participate in the exchange. We will do everything to ensure that the exchange is successful for our child and the Quebec student with whom our child may be twinned.

_____ _____

Date Signature of Father (Guardian)

_____ _____

Date Signature of Mother (Guardian)

Submit this application to the person responsible at the school.

An in-home interview has been conducted with this student and the parents. I recommend that this student be considered for the NS – Quebec Six-Month Exchange Program.

_____ _____

Date Signature of Liaison Teacher

Colour Photos: Please provide colour laser copies of the photos as indicated on this page. This service is available at many photocopy outlets.	Use 8.5" x 11" paper (contains 4 3.5" x 5" prints) and print a legend on the back of each photo. These photos will give the participants' family a better idea of the "milieu" in which a member of their family will be spending three months.
YOUR RESIDENCE **(Exterior)**	**YOUR RESIDENCE** **(Interior)**
YOUR FAMILY	**YOUR CHOICE** **(Friends, pets, hobby, etc)**